

What Job Is Right For You? Assess Your Interests!

One of the best ways to explore careers is by taking an assessment of your skills, interests, and values. By completing this activity, you will have an interest profile that matches you with different career areas.

Step 1:

Read each statement on the Assessment form provided in this activity. If you agree, fill in the corresponding circle. Otherwise, leave it blank.

Assessment of Skills and Interests

I like to						
do puzzles		0				
work on cars	0					
work independently			0			
work in teams				0		
organize things like files, offices, or activities						0
set goals for myself					0	
build things	0					
read about art or music			0			
have clear instructions to follow						0
influence or persuade people					0	
do experiments		0				
teach or train people				0		
help people solve their problems				0		
take care of animals	0					
have my day structured						0
sell things					0	
do creative writing			0			
work on science projects		0				
take on new responsibilities		U			0	
heal people				0	0	
figure out how things work		0				
put things together or assemble models	0	0				
be creative			0			
pay attention to detail			0			0
do filing or typing						0
learn about other cultures				0		
		0				
analyze things like problems, situations or trendsplay instruments or sing		U	0			
dream of starting my own business			0		0	
cook					U	
	0		0			
act in plays			U			
think things through before making decisions	0					
work with numbers or charts		0				
talk about issues like politics or current events				0		
keep records of my work						0
be a leader					0	
work outdoors	0					^
work in an office						0
work on math problems		0				
help people				0		
draw			0			
give speeches					0	
	R		Α	S	E	С
		<u> </u>				<u> </u>

Assessment of Skills and Interests (continued)

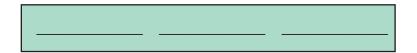
Step 2:

Adding the columns from the previous page, record the number of filled circles for each letter below.

R	=	Realistic	Total:
- 1	=	Investigative	Total:
Α	=	Artistic	Total:
S	=	Social	Total:
Ε	=	Enterprising	Total:
С	=	Conventional	Total:

Step 3:

The three letters with the highest scores make up your "Interest Profile." Record your profile below.



Step 4:

Below are descriptions for each interest code. Take a minute and read the descriptions for the codes in your interest profile.

Realistic: Realistic people are often good at mechanical or athletic jobs. They like to work with things, like machines, tools or plants, and they like to work with their hands. They are often practical and good at solving problems.

Investigative: Investigative people like to watch, learn, analyze and solve problems. They often like to work independently, tend to be good at math and science, and enjoy analyzing data.

Artistic: Artistic people like to work in unstructured situations where they can use their creativity and come up with new ideas. They enjoy performing (theater or music) and visual arts.

Social: Social people like to work directly with people rather than things. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

Enterprising: Enterprising people like to work with other people; they particularly enjoy influencing, persuading and performing. They like to lead and tend to be assertive and enthusiastic.

Conventional: Conventional people are very detail-oriented and like to work with data. They have good organizational and numerical abilities and are good at following instructions. Conventional people also like working in structured situations.

Step 5:

Now it's time to link your assessment results to occupational information that closely matches your interest profile.

Assessment of Skills and Interests (continued)

Look at the letters from your interest profile in step 3 and match them to the interest codes below. Underneath each code is a list of occupational groups that are often selected by people who share your interests.

R-Realistic

Ag & Natural Resources
Assistants (Health)

Computers Construction Engineering

Fine & Performing Arts Food & Hospitality Health Technicians Mechanic & Machinists Personal & Protective Production Therapists

I–Investigative

Caregivers
Computers
Engineering

A-Artistic

Communications

Education

Fine & Performing Arts

S-Social

Assistants (Health)

Caregivers Education

Law & Social Services Personal & Protective

Therapists

E-Enterprising

Banking & Finance

Clerical

Food & Hospitality

Management

Sales

C-Conventional

Banking & Finance

Clerical

Health Technicians Management

Sales

R and I

Engineering Computers

R and A

Fine & Performing Arts

R and S

Assistants (Health)
Personal & Protective
Therapists

R and E

Food & Hospitality

R and C

Health Technicians

I and S

Caregivers

A and S

Education

A and E

Communications
Fine & Performing Arts

S and E

Law & Social Services

E and C

Banking & Finance Clerical Management Sales

Remember...

An assessment isn't always right! Just because it says you should be an architect doesn't mean you have to be one. Assessments are only one way to begin thinking about careers. and this interest assessment is only one example. Others measure different aspects of your personality.